

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

June 2010

Orange Smoothie
Lemon Berry Smoothie
Mixed Fruit Smoothie
Custard
Quiche Cakes
Orange Creamsicle Pops

Orange Smoothie

½ quart (2 cups) frozen vanilla yogurt or light vanilla ice cream, slightly softened
¼ cup frozen orange juice concentrate, thawed
2 tablespoons skim or 1% milk

1. Place frozen yogurt, orange juice concentrate and milk into a blender.
2. Cover and blend on medium speed about 4-6 seconds, until thick and smooth.
3. Pour into glasses.

Nutrition Note: This recipe makes 4 servings. Each serving has 170 calories, 4.5 grams of fat, and 28 grams of carbohydrates.

Breastfeeding:

"I breastfeed mainly because it's the best thing for my baby and he's number one. He comes first."

~ Jacqueline, WIC Breastfeeding Mom
from Bismarck, ND



Lemon Berry Smoothie

1 container (8 ounces) blueberry non-fat yogurt
1½ cups skim or 1% milk
1 cup ice cubes
1 cup fresh blueberries
1 cup fresh strawberries
1 teaspoon powdered lemonade mix

Place yogurt, milk, ice cubes, fruit and lemonade powder in a blender. Pulse until smooth and creamy.

Nutrition Note: This recipe makes 4-6 servings. Each serving has 80 calories, 0 grams of fat, and 16 grams of carbohydrates.



Mixed Fruit Smoothie

1 cup fresh or frozen unsweetened fruit
(strawberries, peaches or bananas, or a mixture of these fruits)
½ cup low-fat vanilla yogurt
1 tablespoon apple juice concentrate, undiluted
Nutty or nugget-type cereal



1. If you use fresh fruit, wash, peel, chop and then freeze the fruit.
2. Place frozen fruit, yogurt and apple juice concentrate in a blender; blend until smooth.
3. Pour into a glass; sprinkle cereal on top.

Selection and Storage Information for Bananas, Peaches and Strawberries

Bananas – Choose bananas that are free of bruises and breaks in the skin. Bananas will continue to ripen at room temperature. Ripe bananas can be stored in the refrigerator for a few days. The skin will darken, but the fruit is fine.

Peaches – Choose plump, well-shaped, slightly soft peaches with a creamy or golden undertone. Avoid green or bruised peaches. Peaches will continue to ripen in a brown paper bag at room temperature. After ripened, refrigerate and use within a week.

Strawberries – Select strawberries that are bright red with fresh green caps. Avoid moldy or bruised berries and stained or leaking containers. Store in the refrigerator and use within a week.

Recipe Source: Texas WIC Program

Nutrition Note: This recipe makes 1 serving. Each serving has 190 calories, 2.5 grams of fat, and 38 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Use fresh fruits and vegetables first; have an immediate plan for using fresh berries and cherries which can spoil quickly. Do not wash berries or cherries until ready to use.

(From ISU Extension Spend Smart Eat Smart website, <http://www.extension.iastate.edu/foodsavings/>)

Custard

3 eggs
½ cup sugar
¼ teaspoon salt
1 teaspoon vanilla
2½ cups skim or 1% milk
¼ teaspoon nutmeg (optional)



1. Preheat oven to 350 degrees.
2. Combine eggs, sugar, salt, vanilla, milk and nutmeg in a blender; blend until smooth.
3. Pour into a 1½-quart square baking dish and place dish into a 9x13x2-inch baking pan.
4. Pour very hot water into the baking pan to within 1 inch of the top of the square baking dish.
5. Bake about 45 minutes or until a knife inserted in the center comes out clean.
6. Remove from hot water.
7. Serve custard warm or chilled; can be topped with strawberries, raspberries, or blueberries.

Nutrition Note: This recipe makes 6 servings. Each serving has 120 calories, 2.5 grams of fat, and 17 grams of carbohydrates.

Quiche Cakes

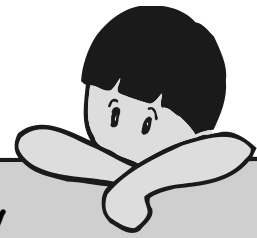
3 slices whole wheat bread, cut into ½-inch cubes
6 large eggs, beaten
10 ounces frozen cooked winter squash, thawed
1 cup shredded reduced-fat cheddar cheese
½ cup grated parmesan cheese
2 tablespoons real bacon bits or 2 slices cooked bacon, crumbled
Salsa

1. Preheat oven to 375 degrees. Coat a 12-cup muffin pan with nonstick cooking spray.
2. Divide the bread cubes and bacon evenly and place into the muffin cups. Set aside.
3. Whisk together the eggs, squash, cheddar cheese, and parmesan cheese. Using a ¼-cup measuring cup, pour the egg mixture into each of the muffin cups.
4. Bake until golden brown, about 22 minutes. Serve with salsa.
5. Note: For a sweeter alternative, replace the 3 slices of whole wheat bread with 3 slices of whole grain cinnamon raisin swirl bread and replace the bacon bits with 2 tablespoons of brown sugar.

Recipe Source: www.mealmakeovermoms.com

Nutrition Note: This recipe makes 6 servings. Each serving has 200 calories, 10 grams of fat, and 12 grams of carbohydrates.

Turn Off the TV



Use chalk to draw a city on your sidewalk. Draw roads, homes, and stores on the sidewalk. Children can ride their bikes or pulls wagons to their 'homes' and 'stores.'

(From Nubites, Nutrition Matters, Inc. - www.numatters.com)

Orange Creamsicle Pops

1 cup orange juice
½ cup low-fat vanilla yogurt
1 to 2 teaspoons pure maple syrup
¼ teaspoon vanilla extract



1. Combine juice, yogurt, maple syrup and vanilla in a blender; blend until smooth.
2. Pour into four 3-ounce popsicle molds or small paper cups. If using paper cups, cover each cup with foil and insert one craft stick through the center of the foil.
3. Freeze creamsicles until firm, about 3 hours.
4. To remove the creamsicles from the molds/cups, run under warm water to loosen.

Recipe Source: www.mealmakeovermoms.com

Nutrition Note: This recipe makes 4 servings. Each serving has 50 calories, 0 grams of fat, and 10 grams of carbohydrates.



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North Dakota Department of Health
Division of Nutrition and Physical Activity
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1

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